

WOW DAY

JUNE 15, 2004

CYNTHIA HOWARD
TRANSFORM YOURSELF

Energy Psychology 9:00—11:00

Energy Psychology provides a rapid and effective approach to removing blocks or barriers that prevent you from living a fulfilled and abundant life.

Alternative, Holistic Therapies to Improve Your Energy and Health Luncheon—11:30– 12:30

Cost: \$5.00 Tickets available from Lucille Fox Bldg F-6, x1275 and Karen Montross Bldg E-2, x2020 **Menu:** Tossed salad, Chicken Marsala, Scaloped Potatoes, Mixed Vegetable Medley, Rolls, Dessert, Iced Tea, Coffee

Is Your Glass Half Empty or Half Full? 13:30-15:30

How do your beliefs create your reality and the life you really want? What we believe becomes our reality. Do you see the glass half empty or half full? Do you feel you can change your beliefs or do you tell yourself that is just the way I am! What would you like to believe about yourself and the universe?

Location: Bldg E-2 Training Room. For more information on the Workshops: www.wff.nasa.gov/~FWP/news/index.html



HOW TO ATTEND One, Two or Three Sessions

NASA Employees:

Training requests are required for morning and afternoon session. Please complete GSFC 17-117 and email it to your supervisor for approval and forwarding to appropriate offices.

Contract Employees:

Contractors may attend training on a space-available basis at no cost by forwarding a letter on Company letterhead to Ms. Qiuna Harris in Code 114, Greenbelt or FAX to 66-0302.

Tenant Employees:

Contact Terry Ewell at
Terry.A.Ewell@nasa.gov or call
x1133

CYNTHIA HOWARD BIOGRAPHY

The healing response has fascinated Cynthia Howard since she began her career as a registered nurse. She focuses on the mind-body connection and the effect of consciousness in healing. Cynthia holds a masters degree in Clinical Psychology from Loyola College in Maryland and a doctorate in Developmental Psychology from the University of Maryland--College Park.

Since 1989, Cynthia has studied and practiced alternative approaches to healing including hypnosis, EMDR (Eye movement desensitization reprocessing), NAET (Nambudripad Allergy Elimination method), "BodyTalk", and various techniques in Energy Psychology including certification in EFT and EDxTM (Energy Diagnostic and Treatment Methods), and the study of TAT (Tapas Acupressure Technique), and BSFF (Be Set Free Fast by Larry Nims, Ph.D.), and Creative Energy Therapy (by Mary "Mo" Wheeler, Ph.D.).

Cynthia combines the fields of energy healing, kinesiology, nursing, nutrition, and psychology to balance energy and restore one's sense of well being and vitality. She works with adults, teens and children. Cynthia consults with patients at her offices in Easton and Salisbury. Please visit her Website at www.transformyourself.com.